

October – November - December 2008

PLEASE READ THIS BEFORE REGISTERING FOR CLASSES

We understand that advanced registration for twelve week sessions may be difficult for some, but it will allow us to determine when a class has sufficient participation to cover the instructors' fees, and it will relieve the instructors from collecting class fees as they have done in the past. In cases where people may not choose or be available to sign up for three months, we will do our best to allow sign up for shorter periods. Our policy will be to first accommodate people who wish to register for the full 12 week session and then accept as many "part-timers" as space allows. Refunds will be granted up to two weeks prior to the start of any program. A full refund will be granted should the Center need to cancel a program. A credit will be issued should a medical or other extenuating circumstance arise. Scholarships for Westport residents are available by contacting either Susan Pfister at 341-5098 or Maybeth Wirz at 341-1072. All requests will be kept confidential. **Registration for all classes will begin the week of September 15, 2008.**

Please complete the registration form on the back page to help expedite the registration process.

Municipal Agent to Visit Center

Maybeth Wirz, from the Department of Human Services, will visit the Center on Tuesday October 14, Thursday November 13 and Monday December 15 to discuss prescription drug assistance, tax relief, housing issues, home care, transportation and any other issue you may be dealing with. All visits will start at 11:00 a.m. Individual appointments can be made ahead of time by calling Maybeth at 341-1072 or by emailing her at: mwirz@westportct.gov.

Main Number 341-5099 (with answering machine after-hours)

Susan Pfister, Director

341-5098

Joan Upchurch, Meal Program Coordinator

341-5097

Joan Joyce, Program Assistant

341-5096

Maureen Seirup, Secretary

341-5095

Benjamin Palmer, Receptionist

341-5099



Would you like to receive e-mail reminder notices of upcoming events?

We'd be happy to add your name to our bi-monthly list reminding you of upcoming events at the Center. Kindly email mseirup@westportct.gov to have your email address added. You may also access the Center's quarterly calendar and monthly menu on the Town's web site at: www.westportct.gov.

Center's Phone Directory

Center's Hours:

Monday 8:30 – 4:30 p.m.

Tuesday 8:30 – 4:30 p.m.

Wednesday 8:30 – 4:30 p.m.

Thursday 8:30 – 8:00 p.m.

Friday 8:30 – 4:30 p.m.

Saturday 8:30 – Noon

We turn not older with years, but newer every day. ~Emily Dickinson

Creative Arts/Crafts

October, November, December 2008

Beading & Jewelry

Learn how to make beautiful necklaces, bracelets, pins and decorative items. Be creative!

Instructor: Kyra Avalotis

Fridays Oct. 3 – Dec. 26

12 Classes = \$36.00

Time: 10:00 – Noon

Drawing & Watercolor

College professor Tom Scippa will teach the art of drawing and watercolor techniques.

Beginners: Mondays Oct. 6 – Dec. 29 (no class 10/13)

12 classes = \$36.00

Time: 10:00 – Noon

Intermediate: Tuesdays

Oct. 7 – Dec. 30 (no class 11/11)

12 classes = \$36.00

Time: 10:00 – Noon

One-Stroke Painting

This stress-free decorative painting technique has gained a strong following due to its simple, methodical approach.

Supplies will be provided.

Instructor: Darraugh Cianfichi

Thurs. Oct. 2 – Dec. 18

11 classes = \$44.00

Time: 4:30 – 6:30 p.m.

Stained Glass Instruction

Learn about the different types of glass, how to cut, copper foil, solder, frame and grind so that you will create a beautiful finished product.

Instructor: Kyra Avalotis

Fridays Oct. 3 – Dec. 26

12 classes = \$36.00

Time: 10:00 - Noon

Sculpture Instruction

For beginners & experienced. You'll work in clay exploring techniques and developing individual expression. Clay pieces will be fired in kiln and either painted or glazed.

Instructor: Tom Scippa.

Monday Oct. 6 – Dec. 29 (no class 10/13)

12 classes = \$36.00

Time: 1:00 – 3:00 p.m.

Open Portrait Sketching & Painting Workshop

This is a relaxed and fun workshop where we create, learn and support each other as we sketch and paint.

Facilitator: Vickie Forest

Every Wednesday

Cost: \$5.00 /class

Time: 9:00 – Noon



Multi-Media Painting I

Introduction to techniques of watercolor, pencil, pastel, acrylics and combinations of collage and monoprinting.

You'll learn from the masters and have the joy of choosing your own style and media.

Instructor: Barbara Lawless

Thursday Oct. 2 – Dec. 18

11 classes = \$33.00

Time: 10:00 – Noon

Multi-Media Painting II

Learn more advanced techniques such as tone, composition and perspective.

Instructor: Barbara Lawless

Thursday Oct. 2 – Dec. 18

11 classes = \$33.00

Time: 1:00 – 3:00 p.m.

Open Craft Workshop

Jean Handy and company will help you complete any craft or art project you just haven't been able to finish. FREE!

Date: Every Wednesday

Time: 1:00 – 3:00 p.m.

Unfinished Project???

Gifted and talented Nor Smitobol is back ready and willing to share his multitude of talents with you every Saturday from 10:00 – Noon. Nor can assist you in repairing picture frames, add hanging wire, replace broken glass, re-wire a table lamp, engrave, calligraphy and much more. Bring your project and get assistance or start a new project together.

Instructor: Nor Smitobol

Saturday Oct. 4 – Dec. 20

Time: 10:00 – Noon

Boxwood Series:

Patty Angione is back to teach 3 fabulous holiday workshops:

Fall Harvest Centerpiece

Date: Mon. Nov. 24th

Time: 1:00 – 3:00 p.m.

Boxwood Wreath Workshop

Date: Fri. Dec. 12th

Time: 1:00 – 3:00 p.m.

Holiday Boxwood Centerpiece

Date: Tues. Dec. 16th

Time: 1:00 – 3:00 p.m.

The cost is \$10.00 per workshop or \$25.00 for all 3.

Save the Date

Y's Men/Center5th Annual
Photographic Exhibition from
October 24, 2008 – January 5,
2009. Open gala celebration:
Friday, October 24th from
4:00 – 6:00 p.m.

Foreign Languages & Games

October, November, December 2008

LANGUAGES

Beginner's Spanish

This course provides solid syntax, grammar and vocabulary foundations. No previous experience or recent exposure to the language required. Emphasis will be on developing functional and useful conversational skills. Instructor: Monica Sosa
Monday Oct. 6 – Dec. 29 (no class 10/13)
12 classes = \$36.00
Time: 11:30 – 12:30 p.m.

Intermediate Spanish

Building on Spanish for beginners, this course goes into more advanced grammar, speech, conversational and writing skills. Instructor: Monica Sosa
Monday Oct. 6 – Dec. 29 (no class 10/13)
12 classes = \$36.00
Time: 12:30 – 1:30 p.m.



Beginner's French with Nell Mednick

We will send you on a make-believe trip to France and you will learn to hold a conversation in French from the airport to your hotel, from taking a metro to getting your rental car. We'll discuss the names of French dishes and how to order them. You'll learn how to ask for directions to the cinema and museums.
Wednesday Oct. 1 – Dec. 17
12 classes = \$36.00
Time: 1:00 – 2:30 p.m.

Conversational French

You'll speak French from the moment you walk into class to the moment you leave. You'll improve your speaking and listening skills. Instructor: Nell Mednick
Wednesday Oct. 1 – Dec. 17
12 classes = \$36.00
Time: 10:00 – Noon

GAMES



Recreational Bridge - FREE

Every Monday from 10:00 – 11:30 a.m. and from 1:15 – 4:15 p.m.

Come and make up your own foursome in the café.

Please note: No instruction is provided.

Bridge Instruction with Lenore

You'll learn the language of bidding, scoring, guidelines for play and hand valuation. Come improve upon your skills and improve your game.

Instructor: Lenore Ehrensaal
Monday Oct. 6 – Dec. 29 (no class 10/13)
12 classes = \$36.00
Time: 10:00 – 11:45 a.m.

Poker

Come and enjoy the game of poker every Tuesday and Thursday from 9:30 – Noon in the game room. You'll have loads of fun!

Please Note... Scrabble, cards, puzzles, chess, crossword puzzles and the pool table are always available in the Game Room for

your enjoyment. Feel free to use them!

Bingo

Come and play different types of Bingo games called by Dana Johnson. You'll have fun and maybe even go home a winner!
Every Thursday from 1:15 – 2:30 p.m. Refreshments will be served.

Mah-Jongg - FREE

A game of Chinese origin usually played by four persons with tiles resembling dominoes and bearing various designs. Mah-Jongg is offered every Thursday from 1:00 – 3:00 p.m.

Instructor: Annette Kirban.

Saturday Game Days & Lunch

Come play Scrabble, poker, Sudoku, bridge, Mah-Jongg, Bunco, Monopoly, do a puzzle or just sit back and work quietly on a crossword puzzle. Grandchildren are encouraged to come and play too!
Dates: Sat. Oct. 11th, Nov. 8th and Dec. 6th
Time: 10:00 – 12:30 p.m.
Cost: \$5.00 includes a complete lunch. Pre-registration required!

Billiards Pool Table

The Center has a beautiful pool table in the game room available for free play on a pre-registered basis. Please call the Center at 341-5099 for your time slot.

Table Tennis

Is set up every Tuesday from 1:30 – 3:00 p.m. on a first come first served basis. Additional times can be arranged as space permits.

Lectures/Wellness/Culinary

October, November, December 2008

4Channe Fodeman, MSW

- Mon. Oct. 6th – You and Your Adult Children
- Mon. Nov. 3rd – An Attitude of Gratitude
- Mon. Dec. 1st – Beating the Winter Blues

Lectures are offered free of charge with interactive participation and discussion encouraged. Free!

Time: 1:15 – 2:30 p.m.

Let's Talk

A therapist from Jewish Family Services will facilitate a discussion group of any subject matter that may be on your mind. Come and express your issues and concerns in a safe and supportive environment. FREE!

Tuesday Oct. 7 – Dec. 30

Time: 1:30 – 2:30 p.m.

Drumming Circle

This interactive program uses drums, percussion instruments and world rhythms to build community, lift spirits and create a rhythmical experience (sponsored by the Friends).

Instructor: Randy Brody

Tuesday November 4

Time: 1:30 – 2:30 p.m.

Cost: Free!

Westport Public Library Update: What's New?

A reference librarian from the Westport Public Library will visit and share the "happenings" at the library. New calendars and schedules from the library will be distributed.

Tues. Oct. 7th

Time: 10:30 a.m.

Parkinson's Support Group

Facilitated by Paul Green, this group will share challenges, techniques, support and knowledge. Family and caregivers are welcome.

Wednesday Oct. 22, Nov. 26, Dec. 17. Cost: FREE!

Time: 10:00 – Noon

Blood Pressure Screening

Nursing & Home Care will offer a free blood pressure screening on the 4th Tuesday and 2nd Friday of the month from 10:00 – 11:00 a.m. Tuesday Oct. 28, Nov. 25, Dec. 23 Friday Oct. 10, Nov. 14, Dec. 12

Saturday Socials...

- Oct. 18th – "Uptown Jazz" featuring Bob Lasproгато. Lunch will be served at 12:30 p.m. Band performs from 1:30 – 2:30 p.m.
- Nov. 15th – "Triple Play" a 4-pc. band will entertain you. Lunch will be served at 12:30 p.m. Band performs from 1:30 – 3:00 p.m.
- Dec. 13th – "Showtime Gymnasts" perform from the Westport/Weston family Y from 1:00 – 2:00 p.m. Refreshments to follow.

Each social is \$5.00/person. Pre-registration and payment are required in advance!

Cooking with Chef Jeanne

Oct. 16th – Fall Harvest Cooking

Nov. 13th – Healthy Holiday Feast

Dec. 4th – Les Treize

Time: 2:15 – 4:15 p.m.

Cost: \$5.00/class

Smiling Seniors Group

This group will meet on Thurs. Oct. 30, Nov. 20 and Dec. 18 from 6:30 – 8:00 p.m. Facilitator: Stacy Enyeart

Westport Police Department's Detective John Rocke to Visit

Detective Rocke will visit on Fri.

Oct. 31, Nov. 21 and Dec. 19 from 10:00 – 11:00 a.m. to informally chat about police matters, ID theft, scams and to answer any questions or concerns you may have. Come and get to know who helps to make Westport such an enjoyable and safe community.

Thursday Evenings at the Movies

Terrific movies will be shown on DVD free-of-charge in the Center's beautiful media room.

- Oct. 9th – Young at Heart
- Nov. 20th – Miss Pettigrew Lives for a Day
- Dec. 18th – Mama Mia

Cost: FREE! Time: 6:00 p.m.

Current Events – FREE!

Facilitator Al Balas leads a dynamic discussion every Tuesday from 10:30 – 11:45 a.m. on issues in the news and on happenings throughout Westport. Feel free to express your opinion in a safe and respected atmosphere. Registration is required.

Drama

No experience required to join this fun class under the direction of Jill Jaysen. Come and read plays and show off your talent!

Thursday Oct. 2 – Dec. 18

11 classes Cost: \$16.50

Time: 1:00 – 2:30 p.m.

Safe Driver's Class

Instructor Harold Egan will walk you through this eight-hour course reviewing trends and safety tips pertinent to older drivers. An officer from the Westport Police Department will make a guest appearance. Please note: You must attend both classes to receive your certificate. Date: Fri. Oct. 3rd & 10th
Time: 1:00 – 5:00 p.m.
Cost: \$10.00

Nutrition Education Class

Nancy Ferriello, M.S., R.D., CD-N from the Senior Nutrition Program will present the following educational program: Emergency Food Preparedness. In an emergency or storm situation, would you know how long food would stay safe or what foods are good choices to have on hand? Emergency sample menus will be provided. Date: Monday Oct. 20th
Time: 11:00 a.m. - Noon
Cost: FREE!

Just for Men

An informal safe haven for men 60+ years of age to discuss issues related to family, retirement, job loss/change, children, grandchildren and other unlimited topics. Share your feelings and concerns with other men in an atmosphere of respect and confidentiality. This is a nice opportunity to develop lasting and deep friendships with other men in the community. Facilitator: Michael Boyle
Date: 2nd and 4th Thursday evenings of the month, Oct. 9th – Dec. 11th.
Time: 7:00 – 8:30 p.m.
Cost: FREE!
Reservations required!

GREAT COURSES by the Teaching Company

This series will feature “Classics of British Literature.” These educational classes will run on DVDs on the 1st and 4th Thursday of each month from 3:00 – 4:30 p.m. An informative brochure is available in the lobby at the Center. Cost: FREE!
Reservations requested.

History of Photography Series with Bob Berthelson

Sat. Oct. 4th – Photography, The First 100 Years
Sat. Nov. 1st – The Legacy of Mathew Brady: Photographing in the Civil War Era
Sat. Dec. 20th - Photographing the Unseeable: Snowflakes, Running Horses and Speeding Bullets. The history of photography series will lead to an amateur photography class to be offered in 2009.
Time: 10:30 - Noon
Cost: FREE!
Reservations requested.

“Magical Moments at the Movies” – Byron Matthews

Sat. Oct. 11th – “Now That’s Italian”
Sat. Nov. 8th – “The Orient”
Sat. Dec. 6th – “Irving Berlin”
Mr. Matthews, a lecturer from the Lifetime Learners Institute at Norwalk Community college, maintains an extensive, ever-growing library of films and has an impressive knowledge of the movie industry.
Time: 10:30 – Noon
Cost: FREE!
Reservations requested.

Grandparents Support Group

Are you raising a grandchild or have a general vested interest or responsibility for your grandchildren? This group will meet once a month to talk about issues, concerns, dilemmas, problem-solving and offer general support and counsel to one another. The group will be facilitated by Susan Raphael, a marriage and family therapist from Positive Directions. Please call Terry at 341-1050 if interested. Dates: Thurs. Oct. 16, Nov. 20 and Dec. 18 Cost: FREE!
Time: 5:30 – 7:30 p.m.
Cost: Free! Registration required.

The Story of the Only POW Exchange in World War II (DVD/lecture)

Bernie Rader, a WWII veteran, was a POW in Normandy. This DVD is a well done documentary about the Red Cross worker who single handedly negotiated the exchange of 149 Allied prisoners. There will be a Q & A session. Date: Wed. Oct. 22nd
Time: 2:30 – 4:00 p.m.
Cost: FREE!
Reservations requested.

Health & Wellness Awareness Series

Staying in Your Home for as Long as Possible
Lea Mintz from Family & Children’s Agency will share safety tips, home modifications and technology that can help you stay independent and safe in your home. Lifeline coupons for free installations and service will be distributed to those attending. Date: Wed. Oct. 1st
Time: 1:15 – 2:15 p.m.
Cost: FREE!
Reservations requested.

“The Health Benefits of Having a Pet”

Allyson Smith, District Manager for the CT Humane Society, Westport will discuss the emotional and physical benefits to having a pet as a companion. Allyson will be bringing a canine guest!

Date: Tues. Oct. 21st
Time: 2:30 – 3:30 p.m.
Cost: FREE!
Reservations requested.

“Podiatric Health and Diabetes”

Dr. Anthony Iorio will lecture on age related foot issues as well as foot care as it relates to one suffering from diabetes. Dr. Iorio is an expert in his field and is also a Westport resident.

Date: Wed. Oct. 22nd
Time: 1:00 – 2:00 p.m.
Cost: FREE!
Reservations requested.

“Living and Coping with Chronic Pain”

Dr. R. Anand from the CT Pain and Wellness Center will share coping tools and strategies to help you maintain a positive attitude as you deal with daily pain and discomfort.

Date: Thurs. Oct. 16th
Time: 6:00 – 7:30 p.m.
Cost: FREE!
Reservations requested.

“The Power of the Mind”

Mel Schwartz, a visionary thinker, psychotherapist, and author shares his groundbreaking new work about transforming the mind. Mel will reveal his singular approach to overcome emotional and psychological challenges, enliven your relationships, liberate yourself from the groove of old thinking, live a masterful life, and turn your mind into your ally.

Date: Thurs. Nov. 6th

Time: 6:00 – 7:30 p.m.

Cost: FREE!

Reservations requested.

Arthritis: Alternative Approaches to Prevent and Relieve Joint Disease

Dr. Adam Propper is a member of the Foundation for Wellness Professionals, a non-profit organization of health care professionals who volunteer to share their wealth of knowledge on promoting wellness and disease prevention. Dr. Propper has been practicing in Westport for over 20 years. He will speak on the disease of Arthritis and other related joint diseases.

Date: Wed. Oct. 22nd
Time: 10:30 – Noon
Cost: FREE!
Reservations requested.

What Happens to Our Hearing as We Age?

David Ogilvy, BC-HIS from AA Hearing Aid will educate us on the effects of age on our ears. David will offer suggestions to improve upon the care of your ears as well as techniques to improve your hearing. As a volunteer, David offers free hearing screenings and hearing aid care once a month at the Center.

Date: Wednesday Nov. 12th
Time: 11:00 – Noon
Cost: FREE!

Changing the Paradigm from Age-ing to Sageing

Come explore and live a new model of late-life development – called sageing-a process that associates old age with self-development and spiritual growth. Instructor, Dr. Paul Epstein is a naturopathic physician, mind-body

therapist and mindfulness mediation teacher.

Dates: Thurs. Oct 2 – Dec. 18

Time: 11:00 – Noon

Cost: FREE!

Reservations required.

Writing about Your Life: The Art and Craft of Memoir

Do you want to write a memoir but are hesitant to sit down and actually begin? Memoir writing is a journey into the past – and into yourself.

Instructor: Barbara Stretton
Dates: Thurs. Oct. 2 – Dec. 18
11 classes = \$33.00
Time: 4:00 – 5:30 p.m.

Adventure Travelers Sylvia & Murray Kronick Share their Trip to Sri Lanka and the Eastern Cost of India

Sylvia and Murray Kronick will share their visit to Sri Lanka which they traveled to shortly after the tsunami to volunteer at an orphanage. They will share their story as well as beautiful pictures from the rest of their travels in India.

Date: Mon. Oct. 6th
Time: 10:30 – 11:45 a.m.
Cost: FREE!
Reservations requested.

Nursing and Home Care

The holiday season brings mixed feelings for many; feelings of loss, sorrow and joy all at the same time, just to mention a few. Learn how to deal and cope with this wide array of emotion and anxiety as you try to make the most of this precious holiday season. The following two sessions will be offered by NHC to assist you through this difficult time:

Giving and Receiving: Healing Loss During the Holidays

Date: Wed. Nov. 12th
Time: 10:30 – Noon Cost: FREE!

Holiday Stress: Learning Inner Resilience

Date: Wed. Dec. 3rd

Time: 10:30 – Noon

Cost: FREE!

Verbal Legacy

Cynthia Braver will teach you an easy approach for voice recording your special memories so that your legacy lives on. Cynthia's method is easy-going and fun!

Date: Thursday Nov. 13th

Time: 2:30 – 3:30 p.m.

“Italy from Head to Toe”

This photographic presentation will display beautiful back roads, country scenes and the true flavor of Italy as presented by Maria Grossi who traveled extensively through parts of Italy that many people have never heard about.

Date: Wed. Oct. 29th

Time: 10:30 – Noon Cost: FREE!

Reservations requested.

Medical Errors, What are Providers Doing About it?

Chief of Pulmonary and Critical Care, David Kaufman, MD from Bridgeport Hospital will share his findings on this very interesting subject matter that unfortunately occurs all too often.

Date: Friday Nov. 7

Time: 10:30 - Noon

Cost: Free!

Registration requested.

Medicare Part D – Open Enrollment Period (Nov. 15 – Dec. 31, 2008)

Gail Diaz, CHOICES Coordinator with SWCAA will be on hand to assist you with your enrollment or to make changes to your current selection.

Date: Wednesday Nov. 19th

Time: 9:00 – Noon

Appointments required.

Philip Johnson: Diary of an Eccentric Architect

Come view this 55 minute video of the life of Philip Johnson, the eccentric architect who built the famous “Glass House” in New Canaan where he resides. This house has no walls and an accompanying guest house, by contrast, has no windows, though it is light and sensuous inside. Cost: FREE!

Date: Fri. Nov. 21st

Time: 10:30 – 11:45 a.m.



CULINARY

Cooking with Bob!

Chef Robert LaBrusciano will demonstrate how to prepare the following international meals for you to enjoy:

- Italian Cuisine – Saturday October 11th
- Jamaican Cuisine – Saturday November 8th
- Indian Cuisine – Saturday December 6th

Registration is limited to the first 11 people! Cost: \$5.00/class

Time: 10:00 - Noon

Thursday Dinner Parties

Prime Rib Dinner will include Caesar salad, Prime Rib Au Jus, twice baked potato, fresh dill carrots, dessert and coffee followed by a Slavik Celebration with Alice Evans and special guests.

Date: Thursday Oct. 23rd

Time: 5:00 – 8:00 p.m.

Cost: \$15.00/person. Pre-registration required.

Holiday Seafood Feast featuring lobster bisque, shrimp/scallop vinaigrette salad, baked swordfish topped with shrimp sauce, rice pilaf, green beans almandine, dessert and beverage. Dinner will be followed by the Tibetan

documentary, “The Cry of the Snow Lion.”

Date: Thursday Dec. 11th

Time: 5:00 – 8:00 p.m.

Cost: \$20.00/person. Pre-registration required.

Saturday Holiday Brunch

Take a break during the stressful holiday season and come and enjoy a delicious brunch featuring: scrambled and western-style eggs, home fries, smoked salmon, sausage, bacon, French toast, muffins, fresh fruit, bagels, coffee, tea and juice.

Date: Sat. Nov. 22nd

Time: 10:00 – Noon

Cost: \$6.00/person. Pre-registration required.

SAVE THE DATE
FLU CLINIC
Thursday November 6th
4:30 – 7:30 p.m.

Going Bananas!

Going bananas is a participatory cooking demonstration from Home Instead Senior Care's 30 Minute Meals Recipes for Seniors. You'll dip your bananas into chocolate and scrumptious toppings and then you'll place them in the freezer so they can mold. While they're freezing, you'll learn health tips on how to make simple meals that are both intriguing and nutritious. Cost: FREE!

Date: Wednesday Nov. 12th

Time: 2:00 – 3:00 p.m.

Registration limited to the first 40!

Skin Care and Makeup Application During the Aging Process

A representative from Douglas Cosmetics will visit with us to share skin care and application tips on Wednesday Oct. 15th from 1:15 – 2:15 p.m. Research has shown that we feel better if we look better. Come learn and have fun! Cost: FREE!

Exercise & Dance

October, November, December 2008

Yoga for Total Health

Learn the basics of Kripalau-based Hatha Yoga in a gentle, warm environment.

Instructors: D. O'Hearn, E. Harris.
Monday, Wednesday and Friday
from 8:45 – 9:45 a.m.

Monday Oct. 6 - Dec. 29 (no class 10/13) 12 classes = \$36.00

Wednesday Oct. 1 – Dec. 17 (no class 12/24, 12/31)

12 classes = \$36.00

Friday Oct. 3 – Dec. 19

11 classes = \$33.00

Self-Awakening Yoga

Learn the Yoga postures integrating breathing and meditation techniques to increase vitality and focus, giving a sense of peace, balance and well-being.

Instructor: Melanie J. VanVliet
Saturday Oct. 4 – Dec. 20 (no class 11/29) 11 classes = \$44.00

Time: 8:45 – 9:45 a.m.

Very Gentle Yoga

This healing restorative class will include a floor series of basic supported Yoga postures, breathing techniques and guided meditation to rejuvenate and renew mind, body and spirit.

Instructor: Melanie J. VanVliet
Saturday Oct. 4 – Dec. 20 (no class 11/29) 11 classes = \$44.00

Time: 11:15 – 12:15 p.m.

Dance & Stretch

Instructor Sandy Adamczyk will teach you smooth moves while you stretch your muscles and swing your hips all to the sound of soothing music.

Monday 1:00 - 2:00 p.m.

Oct. 6 – Dec. 29

12 classes = \$36.00

Yogalates

An invigorating fusion of Yoga and Pilates. Learn Yogic principles to improve range of motion integrated with the core strengthening techniques of Pilates, ending with a restorative guided meditation and relaxation.

Instructor: Melanie J. VanVliet
Saturday Oct. 4 – Dec. 20 (no class 11/19)

11 classes = \$44.00

10:00 – 11:00 a.m.

Chi-Gong

Build up your health and prevent illness by combining discipline of mind, body and the body's vital force through the Chinese exercise system. Instructor: Ellieth Harris.

Time: 8:40 – 9:40 a.m.

Tuesday Oct. 7 – Dec. 30

11 classes = \$44.00

Pilates

An exercise system focused on improving flexibility and strength for the total body; a series of controlled movements engaging your body and mind.

Instructor: Charlene Erwin

Tuesday 9:00 – 10:00 a.m.

Oct. 7 – Dec. 30

11 classes = \$44.00

Weds. (Beginners) 9:30 – 10:30

Oct. 1 – Dec. 17

11 classes = \$44.00

Thursday 11:00 – Noon

Oct. 2 – Dec. 18

11 Classes = \$44.00

Thurs. (Inter.) 5:00 – 6:00 p.m.

11 classes = \$44.00

Strength Training

Emphasis on hand weights and exercises to stretch and tone muscles and bones.

Instructor: Sandy Adamczyk.
Wednesday 1:00 – 2:00 p.m.

Oct. 1 – Dec. 17

11 classes = \$33.00

Tango, Waltz & Other Dances

Learn to dance with your peers, build confidence and increase your coordination while developing an understanding of rhythm and timing. No partners required!

Instructor, Ian Stavola

Tuesday 1:00 – 2:00 p.m.

Oct. 7 – Dec. 30

11 classes \$33.00

Aerobic Chair

An exercise routine that develops strength for legs and upper body while providing an aerobic workout. It's fun, too!

Instructor: Ruth Sherman.

Time: 9:45– 10:30 a.m.

Tuesday Oct. 7 – Dec. 30

(no class 11/18, 12/9)

10 classes = \$15.00

Thursday Oct. 2 – Dec. 18

(no class 11/13, 12/11)

9 classes = \$13.50

Beyond the Basics (Intermediate Strength Training)

This class is a continuation of Beginning Strength Training. Participants will use machines, free weights, balls, bars and bands to improve strength and stamina, develop strong bones, protect joints and control body fat.

Participants are encouraged to take

this class 2x per week, non-consecutive days.

Prerequisite: Must have completed at least one semester-long fitness class. Instructor: Ilene Boyar, CFT, EMT, AFAA.

Mon. Oct. 6 – Dec. 29

Time: 2:00 – 3:00

12 classes = \$48.00

Tues. Oct. 7 – Dec. 30

(no class 12/23)

Time: 2:00 – 3:00 p.m.

11 classes = \$44.00

Wed. Oct. 1 – Dec. 17

Time: 2:00 – 3:00 or 3:30 – 4:30

11 classes = \$44.00

Thurs. Oct. 2 – Dec. 18

Time: 2:00 – 3:00 or 5:00 – 6:00

11 classes = \$44.00

Sat. Oct. 4 – Dec. 20

10:30 – 11:30 a.m.

11 classes = \$44.00

Fitness Center

A fully equipped work-out room in a warm and friendly environment. Certified trainers are ready to assist and guide you during all scheduled classes. To enroll in this program, you must come in and complete the appropriate paperwork as well as an introductory class. Schedule available at front desk.



Core Strength

This class will focus on strengthening the muscles of your core: abdominal, lower back, hips and pelvis. Increased core strength can improve posture and balance and decrease the risk of lower back pain and muscle injury.

Instructor: Ilene Boyar

Mon. Oct. 6 – Dec. 29

Time: 3:00 – 3:30 p.m.

Wed. Oct. 1 – Dec. 17

M/W session = 24 classes = \$48.00

Advanced Core Strength

This class is a continuation of Core Strength. Prerequisite – Must have completed at least one semester-long Core or Beyond the Basics Strength Training class.

Instructor: Ilene Boyar

Tuesday/Thurs. 3:00 – 3:30 p.m.

Date: Oct. 2 – Dec. 30

(no class 12/23)

23 classes = \$46.00

Open Gym

Open to those persons who have completed a minimum of 6 classes in the fitness center. Please see schedule at Center for scheduled open gym times. Professional supervision is always provided. Cost: \$3.00/session.



Beginning Strength Training

This class is designed for people who need to complete their introductory fitness classes or want a semester-long class. Take this class to improve muscle strength and stamina, improve balance and posture and help to prevent injuries and osteoporosis. Class format includes a cardiovascular warm-up, stretching and instruction on strength equipment and weights.

Instructor: Ilene Boyar.

Monday 3:30 – 4:30 p.m.

Date: Oct. 6 – Dec. 29

12 classes = \$48.00

Thursday 4:00 – 5:00 p.m.

Date: Oct. 2 – Dec. 18

11 classes = \$44.00

Saturday 9:30 – 10:30 a.m.

Date: Oct. 4 – Dec. 20

11 classes = \$44.00

Balance Class

This class is designed to help participants improve their balance

and stability in order to decrease their risk of falling and to increase lower extremity (leg) muscle strength. Instructor: Ilene Boyar. Tuesday/Thurs. 3:30 – 4:00 p.m. Date: Oct. 7 – Dec. 30 (no class 12/23) 22 classes = \$46.00

Tai Chi

Mari Lewis teaches the Yang method of Tai Chi, a pleasurable and beautiful form of exercise that builds strength, balance and peace of mind.

Wednesday Oct. 1 – Dec. 17

11 classes = \$33.00

Time: 11:00 – Noon

Feldenkrais: “Awareness through Movement”

Feldenkrais creates an environment for learning non-habitual patterns of movement. It quiets the nervous system so we can pay attention to how we move. Instructor, Leigh Scott will teach two classes per week. Tuesday’s class will be lying on mats and Thursday’s class will be a chair class.

Tuesday Oct. 7 – Dec. 30

12 classes = \$48.00

Time: 2:30 – 3:30 p.m.

Thursday Oct. 2 – Dec. 18

11 classes = \$44.00

Time: 8:30 – 9:30 a.m.

Note: You may register for one class or both.

Belly Dancing

Come and enjoy the physical, emotional, spiritual and intellectual benefits when you participate in belly dancing. Occupational therapist, Helen Goldenberg will facilitate the class.

Dates: Mon. Oct. 20th, Nov. 17th and Dec. 15th

Time: 1:15 – 2:15 p.m.

Cost: FREE!

Reservations required!

Enjoying Your Computer

Westport Center for Senior Activities
October, November, December 2008

Our affordable classes have skilled, patient instructors. Learning experience is pleasurable. Some classes have prerequisites. Handouts are included with each class. Call 341-5099 if you have any questions.

Do I Need a Computer?

This class assists your decision in making this purchase. To optimize and protect your investment, learn about additional costs such as antivirus, internet connections, software, places to purchase. Learn about Macs, desktops and laptops!

Date: 10/1, 10 – noon
Cost: \$10.00



Introduction to Computers

Enjoy and use your computer! After a review of different types of computers, hooking up to the internet, you'll learn how to turn it on, use the mouse, and keyboard basics. Other skills learned include Email (instructor can assist in account set up), word processing, and web surfing.

Dates: 10/7, 10/14 9-noon
10/16 10-noon
Cost: \$40.00

Introduction to the Internet

A good place to start for new Internet users. This is an overview of the most popular places to go on the Internet, plus Email. We cover commonly used websites, searching for information, blogs, social websites, and more.

Date: 9/22, 9/29, 10/6 or 11/3, 11/10, 11/17 Cost: \$40.00

Time: 10 - Noon

More Searching the Web

A follow-up to the Intro to the Internet. We cover more efficient ways to search including searching tips on Google and other searching sites. We review other major informational websites including government, professional and general reference sites.

Date: 10/20, 10/27

Time: 10 - Noon

Cost: \$20.00

Intro to eBay

This class is a demonstration on how eBay allows us to work as both sellers and buyers. The instructor will show you how to seek out merchandise, determine seller's reputation and bid successfully. Users will learn how to establish accounts so that you can bid or sell items.

Date: 10/29, 9 – noon

Cost: \$20.00



Maintain Your Brain!

This fun-filled class will help maintain mental sharpness. Although we no longer possess the bloom of youth, we can improve and maintain sharp mental skills!

Date: 10/15, 10 – 1 pm

Cost: \$10.00

Internet and Computer Safety

Protect your identity and be secure on the PC and Internet.

Learn preventive and safety techniques be it web surfing,



shopping, researching, and working with Email attachments.

Date: 10/15, 2 – 5 pm

Cost: \$20.00

Obtaining Medical Information from the Internet

Typing "arthritis" in Google provides 40,000,000 websites! Narrow the search and find accurate sites with useful information.

Date: 10/20, 1 – 4 pm

Cost: \$20.00

Discover Google

Google is more than searching! Discover features that you may not be familiar with such as Email, shopping, maps, YouTube, and local services. A basic knowledge of the keyboard and the Internet is recommended.

Date: 10/22, 1 – 4 pm

Cost: \$20.00

YouTube

In this fun filled class, learn that YouTube is more than just videos of stupid pet tricks. Do research, be entertained, and share videos.

Date: 11/25, 9 – noon

Cost: \$20.00

Office Technology

Whether you're writing your memoirs, are an active volunteer, or still working, you'll find these courses informative!

Greeting Card Design with Microsoft Publisher

Publisher does so many things from creating newsletters to websites to greeting cards! Learn the basics of creating personalized

cards that Hallmark cannot duplicate! Cost: \$20.00
Date: 11/14, 1 – 4 pm

Word

is the word processing package that allows you to write about anything! Create flyers or posters. Experience with mouse and keyboard is necessary.
Dates: 10/27, 10/29, 1 – 4 pm
Cost: \$40.00

Email

With Yahoo, learn the basics including attachments and address books. Stay in touch!
Date: 10/30 10 – noon
or 12/8 1 – 3pm
Cost: \$10.00

Excel is an automated ledger sheet allowing you to manage budgets, create lists, and perform calculations. You'll continue to work on spreadsheets using some advanced functions such as statistics, graphing, and financial functions.
Dates: 11/10, 11/12, 1 – 4 pm
Cost: \$40.00

Mail Merge

Need to mail out holiday cards or print labels? Be familiar with Word basics, keyboard, & mouse.
Date: 11/12, 9 – noon
Cost: \$20.00

Computers – Beyond the Basics Saturday Sessions

This class is for those who have basic PC skills and know the keyboard and mouse. Organize files or photos, improve skills in Word and Excel. Learn basics on retouching photographs. Bring a few photographs to class to be scanned!
Date: 11/15, 11/22 9:30 – 12:30
Cost: \$40.00

PowerPoint

Learn presentation basics. Work with graphics, templates to make invitations or flyers.
Date: 11/3, 11/5 1 – 4 pm
Cost: \$40.00

Introduction to Digital Photography

This class is for those of you who already have a digital camera. Each camera's features will be discussed generically. Instructor will work individually with you to demonstrate some basic functions on your camera. Learn basic retouching and cropping techniques. Bring:

- Camera with fully charged batteries
- Cables belonging to the camera
- Storage media (memory card)

Dates: 11/5, 11/7 9 – noon
Cost: \$40.00



Photo Restoration with Photoshop Elements

If you have photos that you wish to improve by cropping, improving color, removing red-eye, etc., this course is for you! In addition, you'll learn how to fix damaged photos that may have been sitting in the dresser.

Experience with the mouse is necessary. Optional: bring a flash drive to class if you wish to take your work home. (3 sessions)
Dates: 11/17, 11/19, 11/24; 1–4 pm
Cost: \$40.00

Photo Restoration ongoing workshops

This class is for those familiar with this program and wish to improve their skills. Choose *any* or *all* dates! Each three hour session starts with a one hour session reviewing additional functions. Stu-

dents **must** have prior experience with Elements. Instructor will work individually with students on their own photographs. Bring at least 2-3 of your images on memory stick to each session.

Dates: 10/17 1 – 4 pm
12/5 1 – 4 pm
Price: \$20.00 *per session*

Working with Scanners

This class reviews scanner basics. Scan a picture and convert it digitally so that it can be retouched, Emailed or stored. Learn how to use your scans in a digital scrapbook, PowerPoint presentations, etc. Bring about 12-15 photos to class.
Date: 11/7, 1 – 4 pm
Cost: \$20.00

Using Technology to Manage Your Investments

The goal of this course is to show the students how to research topics on the Internet before you make your investment choice. No recommendations or investing tips are included in this. The class includes Excel functions. Class handout includes a list of useful websites and a bibliography.
Date: 12/1, 1 – 4 pm
Cost: \$20.00

Computer Clinic – FREE!

Why can't I download that file? This weekly drop in class will assist you with computer dilemmas. Instructor: Andree Brooks
Fridays, 3 – 4 pm

Mondays with Donna or Fridays with Frank!

Make an appointment with Donna or Frank to have personalized training on almost any PC topic
Limit: 2 times per month.
Call 341-5099 to schedule.
Price: \$3/appointment

DAILY CALENDAR

Mondays: October 6 – December 29 (no class 10/13)

8:45 - Yoga for Total Health
9:00 - Computer Training with Donna, Appointment Required
10:00 - Introduction to the Internet (9/22, 9/29, 10/6 or 11/3, 11/10, 11/17)
10:00 - More Searching the Web (10/20, 10/27)
10:00 - Bridge Instruction
10:00 - Recreational Bridge
10:00 - Beginners Drawing & Watercolor
10:30 - Adventure Travelers Share Sri Lanka and India Trip (10/6)
11:00 - Emergency Food Preparedness, N. Ferriello (10/20)
11:00 - Municipal Agent, Maybeth Wirz Visits (12/15)
11:30 - Beginner's Spanish
Noon - Café Luncheon, Reservations Required
12:30 - Intermediate Spanish
1:00 - Sculpture Instruction
1:00 - Dance & Stretch
1:00 - Obtaining Medical Info from the Internet (10/20)
1:00 - Word Computer Class (10/27)
1:00 - Powerpoint Computer Class (11/3)
1:00 - Excel Computer Class (11/10)
1:00 - Photo Restoration w/ Photoshop Elements (11/17, 11/24)
1:00 - Fall Harvest Boxwood Centerpiece Workshop (11/24)
1:00 - Using Technology to Manage your Investments (12/1)
1:00 - Email Computer Class (12/8)
1:15 - You and Your Adult Children, C. Fodeman (10/6)
1:15 - An Attitude of Gratitude, C. Fodeman (11/3)
1:15 - Beating the Winter Blues, C. Fodeman (12/1)
1:15 - Recreational Bridge
1:15 - Belly Dancing (10/20, 11/17, 12/15)
2:00 - Beyond the Basics: Intermediate Strength Training
3:00 - Core Strength Training
3:30 - Beginning Strength Training

Tuesdays: October 7 – December 30 (no class 11/11)

8:40 - Chi Gong
9:00 - Pilates
9:00 - YouTube Computer Class (11/25)
9:30 - Cards/Poker
9:45 - Aerobic Chair Exercise
10:00 - Inter. Drawing & Watercolor
10:00 - Blood Pressure Screening (10/28, 11/25, 12/23)

10:30 - Current Events with Al Balas
 10:30 - What's New at the Westport Public Library (10/7)
 11:00 - Municipal Agent, Maybeth Wirz Visits (10/14)
 Noon - Café Luncheon, Reservations Required
 1:00 - Tango, Waltz and Other Dances
 1:00 - Holiday Boxwood Centerpiece Workshop (12/16)
 1:30 - Let's Talk
 1:30 - Drumming Circle (11/4)
 1:30 - Table Tennis
 2:00 - Beyond the Basics: Intermediate Strength Training
 2:30 - The Health Benefits of Having a Pet (10/21)
 2:30 - Feldenkrais: "Awareness through Movement" (mat class)
 3:00 - Advanced Core Strength Training
 3:30 - Improve Your Balance Fitness Class

Wednesday: (October 1 - December 17)

8:45 - Yoga for Total Health
 9:00 - Intro to eBay (10/29)
 9:00 - Introduction to Digital Photography (11/5)
 9:00 - Mail Merge (11/12)
 9:00 - Open Portrait Sketching & Painting Workshop
 9:00 - Update and Enrollment, Medicare Part D (11/19)
 9:30 - Pilates for Beginners
 10:00 - Maintain Your Brain! (10/15)
 10:00 - Parkinson's Support Group (10/22, 11/26, 12/17)
 10:00 - Conversational French
 10:00 - Do I Need a Computer? (10/1)
 10:30 - Arthritis: Alternative Approaches to Prevent & Relieve Joint Disease (10/22)
 10:30 - "Italy from Head to Toe" (10/29)
 10:30 - Giving and Receiving: Healing Loss During the Holidays (11/12)
 10:30 - Holiday Stress: Learning Inner Resilience (12/3)
 11:00 - What Happens to Our Hearing as We Age? (11/12)
 11:00 - Tai Chi
 Noon - Café Luncheon, Reservations Required
 1:00 - Strength Training with Sandy
 1:00 - Hearing Screening, Appointments Required (10/8, 11/12, 12/10)
 1:00 - "Podiatric Health and Diabetes" (10/22)
 1:00 - Discover Google (10/22)
 1:00 - Word Computer Class (10/29)
 1:00 - PowerPoint Computer Class (11/5)
 1:00 - Excel Computer Class (11/12)
 1:00 - Photo Restoration w/ Photoshop Elements (11/19)
 1:00 - Beginners French Instruction

1:00 - Knitting/Open Craft Circle
 1:15 - Staying in Your Home for as Long as Possible (10/1)
 1:15 - Skin Care & Makeup Application Tips (10/15)
 2:00 - Going Bananas! (11/12)
 2:00 - Internet & Computer Safety (10/15)
 2:00 - Dance & Stretch
 2:00 - Beyond the Basics: Intermediate Strength Training
 2:30 - The Story of the Only POW Exchange in World War II (10/22)
 3:00 - Core Strength Training
 3:30 - Beyond the Basics: Intermediate Strength Training

Thursday: October 2 - December 18 (no class 11/27)

8:30 - Feldenkrais (chair class)
 9:30 - Cards/Poker
 9:45 - Aerobic Chair Exercise
 10:00 - Multi-Media Painting, Part 1
 10:00 - Introduction to Computers (10/16)
 10:00 - Email (10/30)
 11:00 - Pilates
 11:00 - Changing the Paradigm from Ageing to Sageing
 11:00 - Municipal Agent Visits (11/13)
 Noon - Café Luncheon
 1:00 - Mah-Jongg
 1:00 - Multi-Media, Part 2
 1:15 - Bingo with Dana
 1:00 - Drama Group
 2:00 - Beyond the Basics: Intermediate Strength Training Class
 2:15 - Jeanne Licurse - Fall Harvest Cooking Class
 2:15 - Jeanne Licurse - Healthy Holiday Feast Cooking Class
 2:15 - Jeanne Licurse - Les Treize Cooking Class
 2:30 - Verbal legacy (11/13)
 3:00 - Advanced Core Strength Training
 3:00 - Great Courses on DVD (10/2, 10/23, 11/6, 12/4)
 3:30 - Balance Fitness Class
 4:00 - Beginning Strength Training Class
 4:00 - Writing about Your Life: The Art & Craft of Memoir
 4:30 - One Stroke Painting Class
 4:30 - Flu Clinic (11/6)
 5:00 - Beyond the Basics: Intermediate Strength Training Class
 5:00 - Pilates (Inter./Advanced)
 5:00 - Prime Rib Dinner w/ Slavik Celebration (10/23)
 5:00 - Holiday Seafood Feast with documentary to follow (12/11)
 5:30 - Grandparents Support Group (10/16, 11/20, 12/18)
 6:00 - Thursday Evening at the Movies (10/9, 11/20, 12/18)

6:00 - Living and Coping with Chronic Pain (10/16)
6:00 - The Power of the Mind (11/6)
6:30 - Smiling Seniors Support Group (10/30, 11/20, 12/18)
7:00 - Just for Men (10/9, 10/23, 11/13, 12/11,)

Friday: October 3 - December 26

8:45 - Yoga for Total Health
9:00 - Computer Training with Frank, Appointment Required
9:00 - Introduction to Digital Photography (11/7)
9:30 - Conversational Spanish
10:00 - Blood Pressure Screening (10/10, 11/14, 12/12)
10:00 - Friendly Visits with Wspt. Police Det. Rocke (10/31, 11/21, 12/19)
10:00 - Beading & Jewelry Instruction
10:00 - Stained Glass Instruction
10:30 - Medical Errors, What are Providers Doing About It? (11/7)
10:30 - Philip Johnson: Diary of an Eccentric Architect (11/21)
Noon - Café Luncheon
1:00 - Safe Driving Course (10/3 & 10/10)
1:00 - Photo Restoration (10/17 or 12/5)
1:00 - Working with Scanners (11/7)
1:00 - Boxwood Wreath Workshop (12/12)
1:00 - Greeting Card Design Computer Class (11/14)
3:00 - Computer Clinic with Andree
4:00 - Opening Gala 5th Annual Y's Men Photographic Exhibition (10/24)

Saturday: October 4 - December 27

8:45 - Self-Awakening Yoga
9:30 - Beginning Strength Training Class
9:30 - Beyond the Basics Computer Class (11/15, 11/22)
9:30 - "Make A Difference Day" (10/25)
10:00 - Yogalates
10:00 - Unfinished Art Project with Nor
10:00 - Italian Cuisine with Chef Bob (10/11)
10:00 - Jamaican Cuisine with Chef Bob (11/8)
10:00 - Indian Cuisine with Chef Bob (12/6)
10:00 - Saturday Holiday Brunch (11/22)
10:00 - Saturday Game Days & Lunch (10/11, 11/8, 12/6)
10:30 - Beyond the Basics: Intermediate Strength Training
10:30 - "Magical Moments" with Byron Matthews (10/11, 11/8, 12/6)
11:15 - Very Gentle Yoga
12:30 - Saturday Social - "Uptown Jazz" with lunch (10/18)
12:30 - Saturday Social - "Triple Play" with lunch (11/15)
1:00 - Saturday Social - "Showtime Gymnasts" with refreshments (12/13)

The Westport Center for Senior Activities

Registration Worksheet

4th Quarter 2008

Please complete and bring with you when you come to register

In a joint effort to expedite the registration process for both senior registrants and The Center's staff, we ask that you *please complete this form prior to approaching the front desk to register*. Classes will be filled on a first come first served basis.

The line and waiting time for registration at the start of a new quarter has grown longer, as both our class offerings and number of registrants increase each semester. Completion of this worksheet will result in less waiting time for you and your fellow seniors and a smoother process for all. Should you require clarification about any registration issues, please feel free to call us prior to the start of open registration at 341-5099.

Registration fees will be accepted via cash or check. If you are registering for more than one class and paying by check, one check may be written for the sum of the registration fees. Checks written in advance may be made payable to WCSA or they may be stamped at the front desk.

<u>Class</u>	<u>Day(s)</u>	<u>Time(s)</u>	<u>Instructor</u> (if available)	<u>Fee</u>
				\$
TOTAL PAYMENT DUE.....				\$

Thank You for your assistance in expediting the registration process!

We wish you all an enjoyable and fulfilling semester of classes, lectures, and workshops.

The Staff of The Westport Center for Senior Activities

Name: _____ Phone #: _____

Address: _____